



Heart of Midlothian ASC

Training Schedule – 2019 / 2020 Season



Week Number: 26	Monday 03/02/2020	Tuesday 04/02/2020	Wednesday 05/02/2020	Thursday 06/02/2020	Friday 07/02/2020	Saturday 08/02/2020	Sunday 09/02/2020
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae Pilates / Yoga 1700-1750 Swim 1800-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1850	RCP 0530-0730 Drumbrae TIME TRIAL 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Michal Adamek	RCP 0530-0730	Drumbrae Pilates / Yoga 1700-1750 Swim 1800-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1850 Land 1800-1845 Swim 1850-2015	RCP 0530-0730 Drumbrae TIME TRIAL 1800-2000	RCP 0600-0800	Drumbrae Land 1600-1650 Swim 1700-1830
FaST 1 Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	RCP Land 1915-1930 Swim 1930-2100	Ainslie Park 1715-1900	Ainslie Park Land 1800-1845 Swim 1850-2015	Drumbrae TIME TRIAL 1800-2000		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 3 Lead Coach: Angus Johnstone	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030		Forrester 1900-2030		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Ellie Starkey	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach: Angus Johnstone	Forrester 2030-2130		Forrester 2030-2130		Forrester 1900-2030		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2015-2130			Drumbrae 1930-2045



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Week Number: 27	Monday 10/02/2020	Tuesday 11/02/2020	Wednesday 12/02/2020	Thursday 13/02/2020	Friday 14/02/2020	Saturday 15/02/2020	Sunday 16/02/2020
ELITE Lead Coach: Phil Potter	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1850	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	
FaST 2 Lead Coach: Michal Adamek	RCP 0530-0730	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1700-1850	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000	RCP 0600-0800	Drumbrae Land 1600-1650 Swim 1700-1830
FaST 1 Lead Coaches: Jill Muirden Michal Adamek	RCP (teaching pool) 0600-0730 Forrester 1900-2030	Drumbrae 1730-1930	RCP 0530-0730 RCP 1800-2000	Ainslie Park 1850-2015	RCP 0530-0730 Drumbrae Land 1700-1800 Swim 1800-2000		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 3 Lead Coach: Angus Johnstone	RCP (teaching pool) 0600-0730	RCP Land 1915-1930 Swim 1930-2100	Forrester 1900-2030	Ainslie Park 1850-2015	Forrester 1900-2030		Drumbrae Land 1600-1650 Swim 1700-1830
TaSK 2 Lead Coach: Ellie Starkey	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
TaSK 1 Lead Coach: Amy Kerr	Forrester 1800-1900		Forrester 1800-1900		Forrester 1800-1900		Drumbrae Land 1500-1550 Swim 1600-1700
SwiFT Lead Coach: Angus Johnstone	Forrester 2030-2130		Forrester 2030-2130		Forrester 1900-2030		Drumbrae 1830-1930
Masters Lead Coaches: Andrew Maguire Andrew Hutchinson		Drumbrae 1930-2100		Ainslie Park 2015-2130			Drumbrae 1930-2045